

Cancer Connections: **A FREE wellness program for cancer survivors and thrivers**



Are you wondering how to work toward wellness after a diagnosis of cancer? *Cancer Connections* gives you access to experts providing you with evidence-based information to help you navigate your survivorship journey. The program offers six one-hour sessions, each devoted to a specific topic. This program is offered virtually, so you can connect from your home or at a local organization that is hosting the program.

Session Topics

Healthy Eating After Cancer

Thursday, September 6, 2018, 6-7 PM

Update on Genetics and Cancer

Thursday, September 20, 2018, 6-7 PM

Chemobrain

Thursday, October 4, 2018, 6-7 PM

Physical Activity After Cancer

Thursday, October 18, 2018, 6-7 PM

Long Term Effects of Cancer Treatment

Thursday, November 1, 2018, 6-7 PM

Sex and Intimacy After Cancer

Thursday, November 15, 2018, 6-7 PM

This program is designed for survivors/thrivers of all types and stages of cancer.

Sessions WILL NOT cover information regarding specific treatments for cancer



To learn more about this FREE program or to register contact Judy Johnston at jjohnsto@kumc.edu. We will e-mail the link to join and program materials to those who register.

This project was developed with support from Kansas Cancer Partnership and The University of Kansas School of Medicine with support from Cooperative Agreement number NU58DP006113 funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services.

